



# NINJA QB3000SS Series Personal Single-Serve Blender User Guide

[Home](#) » [Ninja](#) » NINJA QB3000SS Series Personal Single-Serve Blender User Guide 

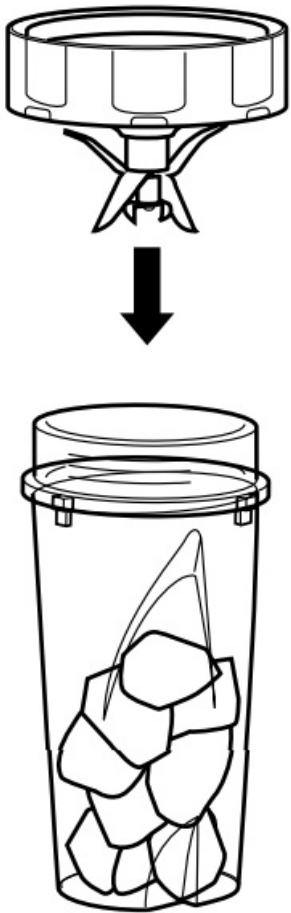
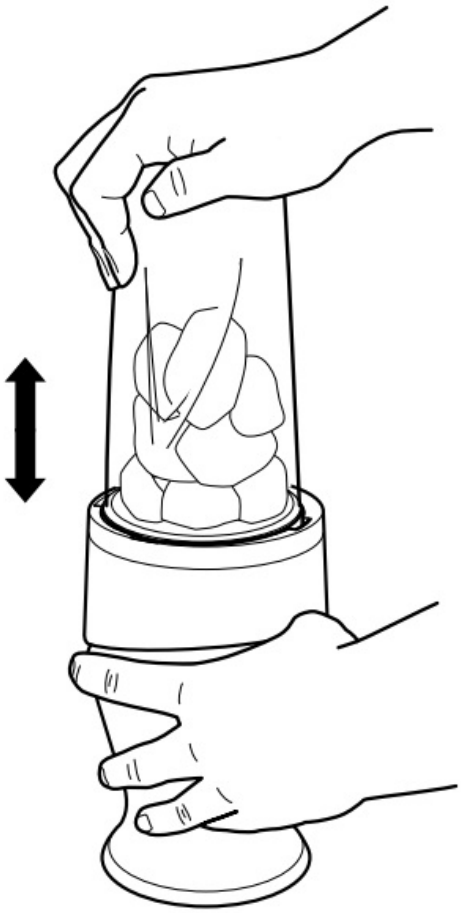
## NINJA<sup>®</sup>

FIT BLENDER  
QUICK START  
GUIDE  
+ 10 IRRESISTIBLE RECIPES

### Contents

- 1 Quick assembly & blending
- 2 Load it up
- 3 INGREDIENTS
- 4 WATERMELON RASPBERRY  
CLEANSER
- 5 POWERBALL
- 6 CHERRY LIME RICKEYADE
- 7 LEAN GREENNINJA
- 8 CHOCOLATE CHERRYPROTEIN BLAST
- 9 TOP O' THE MORNIN'
- 10 STRAWBERRY PROTEIN POWER
- 11 Documents / Resources
  - 11.1 References

### Quick assembly & blending

	
<p>1. Fill the cup with desired contents. Screw on the blade assembly until you have a tight seal.</p>	<p>2. Flip the cup upside down and install on base. Push down on the cup to pulse or blend.</p>

 **WARNING:** Handle the Nutri Ninja® Blade Assembly with care, as the blades are sharp.

## Load it up

### Do not go past the MAX LIQUID line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Nutri Ninja® Blade Assembly to the cup, remove some ingredients.



#### **PREP TIPS**

For best results, cut ingredients in 1-inch pieces.  
Place frozen ingredients in the cup last.

#### **FROZEN KALE CACAO**

PREP: 5 MINUTES | MAKES: 1 SERVING

#### **INGREDIENTS**

2 dates, cut in half, pits removed  
1 /2 cup kale leaves, packed  
1/2 cups unsweetened coconut milk  
1 scoop chocolate protein powder  
1 teaspoon unsweetened cocoa powder  
1 small frozen banana, quartered  
1/4 cup ice

#### **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the dates.
2. BLEND until smooth.
3. Remove blades from cup after blending.

#### **WATERMELON RASPBERRY CLEANSER**

PREP: 5 MINUTES | MAKES: 1 SERVING

#### **INGREDIENTS**

1 cup watermelon, cut in 1-inch chunks  
3 /4 cup raspberries

1 /4 cup water  
1 /2 cup ice

## **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the watermelon.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## **POWERBALL**

PREP: 5 MINUTES | MAKES: 1 SERVING

### **INGREDIENTS**

1/2 small ripe banana, peeled  
1 cup unsweetened coconut milk  
1 teaspoon unsweetened cocoa powder  
1 cup frozen blueberries

## **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the banana.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## **CHERRY LIME RICKEYADE**

PREP: 5 MINUTES | MAKES: 1 SERVING

8 ounces coconut water  
1 tablespoon lime juice  
1 /2 cup frozen cherries

## **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with coconut water.
2. BLEND until smooth.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

## **LEAN GREENNINJA**

PREP: 5 MINUTES | MAKES: 1 SERVING

### **INGREDIENTS**

1 /4 cup fresh pineapple, cut in 1-inch chunks  
1 /4 cup fresh mango, cut in 1-inch chunks  
1 /2 small banana  
1 /4 cup baby spinach

1 /4 cup kale leaves  
1 /4 cup water  
1 /2 cup ice

## **DIRECTIONS**

1. Place all ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the pineapple.
2. BLEND until smooth.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

## **CHOCOLATE CHERRYPROTEIN BLAST**

PREP: 5 MINUTES | MAKES: 1 SERVING

### **INGREDIENTS**

1 /2 ripe avocado, peeled, pit removed  
1 cup unsweetened almond milk  
1 teaspoon unsweetened cocoa powder  
1 scoop chocolate protein powder  
3 /4 cup frozen cherries

## **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the avocado.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## **TOP O' THE MORNIN'**

PREP: 5 MINUTES | MAKES: 1 SERVING

### **INGREDIENTS**

1 orange, peeled, cut in quarters, seeds removed  
1 small ripe banana, cut in quarters  
1 cup unsweetened vanilla almond milk  
1 /2 teaspoon ground cinnamon  
1 scoop vanilla protein powder  
1 /2 cup ice

## **DIRECTIONS**

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the orange.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## **STRAWBERRY PROTEIN POWER**

PREP: 5 MINUTES | MAKES: 1 SERVING

### **INGREDIENTS**

1 /2 cup silken tofu  
1 tablespoon lime juice  
1 /4 cups unsweetened almond milk  
2 tablespoons honey  
1 cup frozen strawberries

## DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the banana.
2. BLEND until smooth.
3. Remove blades from cup after blending.



For questions or to register your product,  
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## Documents / Resources

	<p><a href="#">NINJA QB3000SS Series Personal Single-Serve Blender</a> [pdf] User Guide QB3000SS Series Personal Single-Serve Blender, QB3000SS Series, Personal Single-Serve B lender, Single-Serve Blender, Blender</p>
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## References

- [N Blenders, Air Fryers, Indoor Grills, Cookware & More – Ninja](#)